



Bright Futures

Prevention and health promotion for infants, children, adolescents, and their families.™

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Tools and Resources

We will be periodically updating and expanding the content for this area. If you have materials you would like to share with us, please visit the [Contact Us](#) page. Some of these resources have been developed by other groups using the Bright Futures materials. Bright Futures is not responsible for the specific content of these outside resources.



Brochures

[Bright Futures Article](#)

A general article about Bright Futures has been created for others to learn about Bright Futures. This article may be used by other organizations if they would like to mention Bright Futures in a newsletter, web site, or other publication.

Fact Sheets

[Bright Futures Education Center Fact Sheet](#)

The EC Fact Sheet describes the goals, objectives, and purpose of Bright Futures and the Education Center.

[Bright Futures Pediatric Implementation Project Fact Sheet](#)

The PIP Fact Sheet describes the activities and goals of the Bright Futures Pediatric Implementation Project.

Online

- [A Health Professional's Guide to Pediatric Oral Health Management](#)
- [Bright Futures Oral Health Toolbox](#)
- [Bright Futures Virginia](#)
- [Online Access to Bright Futures in Practice: Mental Health, Volume I](#)
- [Online Access to Bright Futures in Practice: Mental Health, Volume II - Tool Kit](#)
- [Online Access to Bright Futures in Practice: Nutrition](#)
- [Online Access to Bright Futures in Practice: Oral Health](#)

Practicing health professionals who work within practice settings and academia.

Health Care Professionals

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- [Online Access to Bright Futures in Practice: Physical Activity](#)
- [Online Access to Bright Futures Pocket Guide](#)
- [Online access to Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents](#)
- [Online Access to Health Professionals Encounter Forms](#)

[A Health Professional's Guide to Pediatric Oral Health Management](#)

Welcome to **A Health Professional's Guide to Pediatric Oral Health Management**, a series of seven self-contained online modules designed to assist health professionals in managing the oral health of infants and young children.

These modules provide health professionals with information to help them prevent oral diseases, which still afflict many U.S. children, especially children from families with low incomes, children in certain minority groups, and children with special health care needs. The modules assist health professionals in performing an oral screening to identify infants and children at increased risk for oral health problems, offering referrals to oral health professionals, and providing parents with anticipatory guidance.

[Bright Futures Oral Health Toolbox](#)

This toolbox, developed by the National Maternal and Child Oral Health Resource Center, highlights materials that advance the Bright Futures philosophy of promoting and improving the oral health of infants, children, and adolescents.

[Bright Futures Virginia](#)

The Bright Futures Virginia web site contains information about their ongoing projects and activities as well as data and Power Point presentations.

[Online Access to Bright Futures in Practice: Mental Health, Volume I](#)

View PDF version of this publication by clicking on the links below:

- [Introductory Materials](#)
- [Making Mental Health Supervision Accessible](#)
- [Infancy, Early Childhood, Middle Childhood, Adolescence](#)
- [Bridges: Bridges: From Identification to Management of Common Psychosocial Problems and Mental Disorders in Primary Care Practice, Anxiety Disorders, Attention Deficity Hyperactivity Disorder, Child Maltreatment, Factitious Illness by Proxy \(Munchausen Syndrome by Proxy\), Oppositional and Aggressive Behaviors, Eating Disorders, Obesity, Learning Problems and Disorders, Mental Retardation, Mood Disorders: Depressive and Bipolar Disorders, Childhood Grief/Bereavement, Oppositional and Aggressive Behaviors, Parental Depression, Postpartum Mood Disorders, Pervasive Developmental Disorders, Substance Use Problems and Disorders](#)
- [Index](#)

[Online Access to Bright Futures in Practice: Mental Health, Volume II - Tool Kit](#)

View the pdf version of this publication by clicking the links below:

- Tools for Health Professionals:
 - [Making Mental Health Supervision Accessible: Pediatric](#)

- [Intake Form](#), [Documentation for Reimbursement](#), [Selected General Medicine and Behavioral Current Procedural Terminology \(CPT\) Codes](#), [Selected Organizational Resources](#), [Postcard Satisfaction Survey](#), [Referral for Services](#), [Pediatric Symptom Checklist](#), [Cultural Competence Assessment - Primary Care](#), [School Consultation](#)
 - **Infancy:** [Age-Specific Observations of the Parent - Child Interaction](#), [Fostering Family Adjustment Prenatally](#), [Infancy Checklist](#), [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
 - **Early Childhood:** [What Can Your Child Do?](#), [How to Help Families Stop Spanking](#), [Suggested Child Interview Using a Human Figure Drawing as a Conversation Piece](#), [Risk Factors for Dyslexia](#), [Early Childhood Checklist](#)
 - **Middle Childhood:** [About My Feelings](#), [My School Sheet](#), [Homework Problems](#), [School Basic Information Form](#), [Middle Childhood Checklist](#)
 - **Adolescence:** [Issues Checklist \(Abridged\)](#), [Anticipatory Guidance on Sex and Sexuality for the Adolescent](#), [Adolescence Checklist](#), [Stages of Substance Use and Suggested Interventions](#), [Discussing Substance Abuse](#)
 - **Bridges:** [Vanderbilt ADHD Diagnostic Teacher Rating Scale](#), [Attention Deficit Hyperactivity Disorder Center for Epidemiological Studies Depression Scale for Children \(CES-DC\)](#), [Parental Depression Stages of Substance Use and Suggested Interventions](#), [Discussing Substance Use](#)
- **Tools for Families**
 - **Infancy:** [How to Soothe a Crying Baby](#), [Fostering Comfortable Sleep Patterns in Infancy](#), [Helping Siblings Adjust to the New Baby](#), [Stimulating Environments](#), [Safe, Quality Child Care](#)
 - **Early Childhood:** [Fears in Early Childhood](#), [Sleep Diary](#), [Principles of Limit Setting](#), [Guidelines for Special Time](#), [Charting Positive Behavior](#), [Communicating with Children](#), [Time Out](#), [Preparing Your Child for School](#)
 - **Middle Childhood:** [Assessing and Reinforcing Your Child's Self-Esteem](#), [Six Rules for Making Responsible Decisions](#), [Tips for Parenting the Anxious Child](#), [Reading for Children, Grades 1-6](#), [About My Feelings](#), [How to Handle Anger](#), [Bed-Wetting](#), [Family Meetings](#), [Problem-Solving Strategy](#), [Top TV Tips: Building a Balanced TV Diet](#), [Controlling the Video and Computer Game Playground](#), [Safety Tips for Surfing the Internet](#), [Parents' Roles in Teaching Respect](#), [Successful Adaptation to Separation or Divorce](#), [How to Address Bullying](#), [My School Sheet](#), [Homework Tips](#), [Individualized Education Program \(IEP\) Meeting Checklist](#), [School Basic Information Form](#), [Free Ways to Love Your Child](#)
 - **Adolescence:** [Symptoms of Depression in Adolescents](#), [Where to Find Resources on Adolescent Sexuality](#), [Teen Dating Violence](#), [Wit's End](#), [CALM: Listening Skills for Diffusing Anger](#)
 - **Bridges:** [Child Maltreatment Preventing Child Sexual Abuse \(Not available online; order print version\)](#)
[Learning Disabilities: Common Signs](#) [Common Signs of Depression in Children and Adolescents](#), [Substance Use Problems and Disorders](#) [How to Help Your Child or Adolescent Resist Drugs \(Not available online; order print version\)](#)
Other Tools Referenced in Bridges: (see above)
ADHD, Learning Problems and Disorders, Mental

*Retardation, Oppositional and Aggressive Behaviors,
Pervasive Developmental Disorders, Substance Use
Problems and Disorders*

Online Access to Bright Futures in Practice: Nutrition

View pdf versions of this publication by clicking the links below:

- [Front Matter](#)
- [Introduction](#)
- Nutrition Supervision: [Infancy](#), [Early Childhood](#), [Middle Childhood](#), [Adolescence](#)
- [Nutrition Issues and Concerns](#): Breastfeeding, Children and Adolescents with Special Health Care Needs, Diabetes Mellitus, Eating Disorders, Food Allergy, Human Immunodeficiency Virus, Hyperlipidemia, Hypertension, Iron-Deficiency Anemia, Nutrition and Sports, Obesity, Oral Health, Pediatric Undernutrition, Vegetarian Eating Practices
- [Nutrition Tools](#): Nutrition Questionnaire for Infants, Nutrition Questionnaire for Children, Nutrition Questionnaire for Adolescents, Key Indicators of Nutrition Risk for Children and Adolescents, Screening for Elevated Blood Lead Levels, Stages of Change-A Model for Nutrition Counseling, Strategies for Health Professionals to Promote Healthy Eating Behaviors, Tips for Promoting Food Safety, Tips for Fostering a Positive Body Image Among Children and Adolescents, Nutrition Resources, Federal Food Assistance and Nutrition Programs, Healthy People 2010 Nutrition Objectives for Children and Adolescents
- [Indexes](#)
- [Pocket Guide](#)

Online Access to Bright Futures in Practice: Oral Health

View the pdf versions of this publication by clicking the links below:

- [Table of Contents](#)
- [Introduction](#)
- Oral Health Supervision Guidelines: [Part I](#), [Prenatal](#), [Infancy](#), [Early Childhood \(Part I, Part II\)](#), [Middle Childhood \(Part I, Part II\)](#), [Adolescence \(Part I, Part II\)](#)
- Risk Assessment ([Part I](#), [Part II](#))
- [Measuring Outcomes](#)
- [Making Oral Health Supervision Accessible](#)
- Essentials of Oral Health ([Part I](#), [Part II](#), [Part III](#))
- [Appendices](#)

Online Access to Bright Futures in Practice: Physical Activity

View the pdf versions of this publication by clicking the links below:

- [Front Matter and Table of Contents](#)
- [Introduction](#)
- Physical Activity Developmental Chapters: [Infancy](#), [Early Childhood](#), [Middle Childhood](#), [Adolescence](#)
- Physical Activity Issues and Concerns: [Part I](#), [Part II](#)
- [Physical Activity Tools](#)
- [Indexes](#)

Online Access to Bright Futures Pocket Guide

View pdf versions of this publication by clicking the links below:

- [Cover, Pages i-xvii](#)
- [Infancy](#)
- [Early Childhood](#)
- [Middle Childhood](#)
- [Early Adolescence, Middle Adolescence, Late Adolescence](#)
- [Appendices](#)

[Online access to Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents](#)

View PDF versions of this publication by clicking the links below:

[Table of Contents & Getting Started](#)

- [Infancy: 0-11 months](#)
- [Early Childhood: 1-4 years](#)
- [Middle Childhood: 5-10 years](#)
- [Adolescence: 11-21 years](#)
- [Appendices](#)
- [Immunization Schedule](#)
- [CDC Growth Charts](#)

[Online Access to Health Professionals Encounter Forms](#)

View the pdf versions of this publication by clicking the links below:

- [Prenatal to 1 Year](#)
 - [15 Months to 5 Years](#)
 - [6 Years to Adolescence](#)
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